

# Planned Meals - Meal Planner Report: James Samples

## 2100 Calories Low Carb - Day 1

Qty	Measure	Description	Carbs (gm)	Prot (gm)	Fats (gm)	Calories
<b>Breakfast</b>						
1.0	each	Balance Bar Honey Peanut	22.00	14.00	6.00	200.00
8.0	ounce(s)	Orange juice - 100% pure , Tropicana	24.90	0.00	0.00	112.00
Totals for Breakfast			46.90	14.00	6.00	312.00
<b>Snack 1</b>						
0.3	1 cup	Peanuts, all types, dry-roasted, without salt	7.85	8.64	18.13	213.53
Totals for Snack 1			7.85	8.64	18.13	213.53
<b>Lunch</b>						
12.0	medium	Carrots - baby, raw	9.60	1.20	1.20	48.00
2.0	3 oz	Fish, tuna, light, canned in water, without salt, drained solids	0.00	43.37	1.39	197.20
1.0	each	Orange - medium	15.40	1.20	0.20	62.00
1.0	each	Pita - wheat	15.60	2.80	0.70	75.00
0.5	table spoon	Relish - pickle	2.65	0.05	0.05	10.00
1.5	1 tablespoon	Salad dressing, KRAFT Mayo Light Mayonnaise	1.91	0.14	7.40	75.15
14.0	fluid ounce(s)	Vegetable juice - V8, no salt	18.67	2.33	0.00	84.00
Totals for Lunch			63.83	51.09	10.95	551.35
<b>Snack 2</b>						
1.3	cup	CAMPBELL'S Healthy Request Chicken Vegetabel Sou[	30.00	7.50	5.00	200.00
Totals for Snack 2			30.00	7.50	5.00	200.00
<b>Dinner</b>						
6.0	ounce(s)	Chicken Breast / White Meat	0.00	39.00	2.40	186.00
8.0	ounce(s)	Green beans - string, boiled & drained	17.80	4.20	0.60	80.00
2.0	table spoon	Italian - fat free, KRAFT Free	2.00	0.00	0.00	12.00
2.5	ounce(s)	KRAFT 2% Cheddar Cheese, Reduced Fat	1.25	17.50	15.00	225.00
1.0	small	Salad - sm. garden w/tomato, onion	9.50	1.30	0.40	49.00
0.5	0.5 cup	Sauce, ready-to-serve, salsa	4.06	0.83	0.16	18.20
Totals for Dinner			34.61	62.83	18.56	570.20
<b>Snack 3</b>						
1.0	cup	Milk - skim, no fat	11.90	8.40	0.40	86.00
0.5	biscuit	Shredded Wheat, Nabisco	9.50	1.00	0.50	40.00
Totals for Snack 3			21.40	9.40	0.90	126.00
<b>Totals for 2100 Calories Low Carb - Day 1</b>			<b>204.59</b>	<b>153.45</b>	<b>59.53</b>	<b>1,973.08</b>